

Disaster Supplies Kit

After a disaster, local official and relief workers will be on the scene, but they cannot reach everyone immediately. Your family will cope best by preparing for a disaster *before* it strikes. One way to prepare is by assembling a Disaster Supplies Kit. When a disaster hits, you don't have time to shop or search for supplies, but if you have gathered them in advance your family can endure an evacuation or home confinement.

It's 2:00 a.m. and a flash flood forces you to evacuate your home-fast. There's no time to gather food from the kitchen, fill bottles with water, grab a first-aid kit from the closet and snatch a flashlight and a portable radio from the bedroom. You need to have these items packed and ready in one place before disaster strikes. You may need to survive on your own for three days or more. This means having your own water, food and emergency supplies. There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would need during an emergency in an easy to carry container and be sure that all family members know where the container is kept. You Disaster Supplies Kit should contain supplies to sustain your family for at least three days.

The following checklists will help you assemble disaster supply kits that meet the needs of your household. Be sure to write the date you store your supplies on all the containers as you will need to change the stored food and water every six months. You should also re-think your needs every year and update your kit as your household changes.

WATER

Water is an absolute necessity. Stocking water preserves should be a top priority. A normally active person needs to drink at least two quarts of water each day. A good rule of thumb is to store one gallon of water per person per day (two quarts drinking water and two quarts for food preparation/sanitation). The following are some tips for storing water:





- ☑ Store water in plastic containers, such as soft drink bottles.
- Avoid using containers that decompose or break, such as milk cartons or glass bottles.
- ☑ Containers should be rinsed with a diluted bleach solution (one part bleach to ten parts water) before use.
- ☑ Seal your water containers tightly and label them.
- ☑ Change your stored water every six months.

FOOD

If activity is reduced, healthy people can survive on half their usual food intake for an extended period. Select non-perishable foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight. Be sure to include a can opener. Replace items in your food supply every six months.

- Ready-to-eat canned meats, fruits vegetables
- ☐ Canned juices, milk, soup (if powdered store extra water)
- ☑ Staples sugar, salt, pepper
 ☑ High energy foods peanut butter ielly, crackers, granola bars, etc.



☑ Vitamins

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Food for infants and elderly or for people on special diets Comfort/stress foods – candy cookies, instant coffee, etc.

Assemble a first aid kit for your home and one for each car. Your kit should include:

 ☑ Sterile adhesive bandages in various sizes ☑ Sterile gauze pads in various sizes ☑ Hypoallergenic adhesive tape ☑ Roller bandages in various sizes ☑ Tweezers ☑ Scissors ☑ Moistened towelettes ☑ Antiseptic ☑ Thermometer 	Cleansing agent/soap Latex gloves Sunscreen Aspirin or pain reliever Anti-diarrhea medication
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TOOLS AND SUPPLIES	
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$\overline{\checkmark}$	Mess kits, paper cups, plates and	$\overline{\checkmark}$	Household chlorine bleach
	plastic utensils	$\overline{\checkmark}$	Cleansing agent/soap
$\overline{\checkmark}$	Battery operated radio and batteries	$\overline{\checkmark}$	Personal hygiene items
$\overline{\checkmark}$	Flashlight and batteries	$\overline{\checkmark}$	Plastic garbage bags
$\overline{\checkmark}$	Matches in waterproof container	$\overline{\checkmark}$	Plastic bucket with a tight lid
$\overline{\checkmark}$	Utility knife		Toilet paper, towelettes
$\overline{\checkmark}$	Wrench, pliers, hammer	$\overline{\checkmark}$	Disinfectant
$\overline{\checkmark}$	Paper and pencil	$\overline{\checkmark}$	Extra batteries
$\overline{\checkmark}$	Whistle		Cash, traveler's checks,
$\overline{\checkmark}$	Map of area		change

CLOTHING AND BEDDING

\checkmark	Sturdy shoes or work boots		Hat and gloves
\checkmark	Rain gear	$\overline{\checkmark}$	Thermal underwear
$\overline{\mathbf{V}}$	Blankets or sleeping bags	\square	Sunglasses

Be sure to include at least one complete change of clothing and footwear per person.					
\ \ \ \ \	Sturdy shoes or work boots Rain gear Blankets or sleeping bags			✓ Hat and gloves✓ Thermal underwear✓ Sunglasses	
		SPECIAL ITEMS			
Baby D D D Adults D	Formula Diapers Bottles Powered milk Medications Prescription medications Denture needs	pecial needs, such as infan	✓ ✓ Kee wa??	Entertainment – games/books Important Family Documents seep these records in a portable, aterproof container. Will, insurance policies, deeds, contracts, stocks and bonds Passports, social security card, immunization records Credit card and bank account	
\overline{\sqrt{2}}	Contact lenses and supplies Eyeglasses		?	numbers and information Inventory of household goods Important telephone numbers Family records	